

# CANON FODDER: JETS SHOCK SIX-WIN SAINTS

CHRIS IVORY RUNS ALL OVER HIS FORMER TEAM. PAGE 28

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## NEW YORK GOES ALL IN

**Roll of the dice.** On Tuesday, New Yorkers will go to the polls to elect a new mayor and decide if up to seven casinos can be built in the state.

**Jackpot.** Taxes raised from casinos would be used to fund struggling city schools and put \$94 million in education coffers. PAGE 02

## Meet our future: Shannon the temp

PAGE 12

## Newest 'Housewife' addition gets witchy

PAGE 16

## Aziz Ansari is such a stand-up guy

PAGE 18

## Where you'll be working out this winter

PAGE 24

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# 1

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# 2

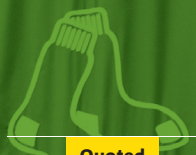
Top 3

*What's trending online at Metro.us*

1 'PHOTOS: Heidi Klum's 2013 Halloween party'

2 'VIDEO: This Vine magician will make you smile'

3 'PHOTOS: Scenes from the Red Sox World Series rolling rally parade'



Quoted

"They make up the heart and the thinking in the minds of those who would belong to the Ku Klux Klan. They are white supremacists. They are men of evil. They have names. ... The Koch brothers, that's their name."

Singer Harry Belafonte while introducing Bill de Blasio at a church Sunday



The ballot proposal would allow up to seven casinos in New York state. / GETTY IMAGES

# Gambling on the future of New York

**Straight flush.** Money from the casinos would be used to help fund city schools.

New Yorkers will decide on Tuesday the fate of a controversial ballot proposal to legalize casinos in certain areas of New York state.

Proposal 1 would establish up to seven casino resorts in New York. The first four would be upstate and the other three wouldn't be allowed for seven years.

Although the first casinos are isolated to four areas of the state, all cities and townships in the state would get increased education aid or lower property taxes because of the tax revenue the casinos are expected to bring in.

New York City has been promised more than \$94 million in tax revenue from the new casinos for

## Keeping money in-state

The bill's supporters argue that New Yorkers are already gambling, they're just spending their money out-of-state, at places like Atlantic City.

- Stu Loeser, spokesman for the pro-casino group NY Jobs Now, said New Yorkers spend \$1.2 billion a year at resort casinos in nearby states.

- The bill's supporters are largely pro-labor and education groups, including the United Teachers Federation. Both mayoral candidates support the referendum.

- Democratic mayoral candidate Bill de Blasio in a statement called the referendum "a win-win for New York."

with the Post calling legalized gambling "essentially a tax on the poor."

That is a major concern for the bill's opponents: the notion that to profit off of gamblers is to profit off of vulnerable people spending money they don't actually have.

But the bill's supporters point to funding built into the legislation for addiction programs.

The referendum's supporters dismissed allegations that the casinos will lead to increased gambling addiction, which will then lead to more people relying on welfare from the state.

"The way to keep families out of poverty is to create good-paying jobs with benefits, and Proposition One would create at least 10,000 jobs in New York state," Stu Loeser, spokesman for pro-casino group NY Jobs Now, said.



DANIELLE TCHOLAKIAN  
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## Wagering on education

# \$94M

The amount of tax revenues that would go from gambling to city schools

city schools.

Prop 1's supporters highlight the regulations written into the bill: The minimum gambling age will be 21; there will be no smoking in casinos.

They also note de facto casinos already exist in New York, with digital slot machines at race tracks and other venues.

The bill's detractors vary widely: It has brought together such unlikely partners as steadfast liberal state Sen. Liz Krueger and Mike Long, the state chairman of the Conservative Party. The New York Times and the New York Post have both published editorials in opposition to it,

## Proposal Two

### Extra civil service exam credit for disabled vets

New York allows veterans to receive additional credit for civil service exams. This extra credit is doubled for disabled veterans, but extra credit is applied only once.

The proposed amendment would allow veterans who have received credit on their exams already to receive credit on another exam once more after their disability is certified.

## Proposal Three

### Extension of debt limit exclusion for sewage facilities

Towns and cities in New York are limited by how much debt they can rack up by the state constitution. Debts from the construction or reconstruction of sewage facilities have been exempt from these limits since 1962. The proposal would extend the exemption for another 10 years, including debts incurred through 2023.

## Proposal Four

### Settling disputed property within the Adirondacks

State and private individuals have disputed land in the town of Long Lake, Hamilton County, since the "forever wild" amendment went into effect in 1895. The proposal would allow the state to transfer more than 200 parcels of forest land to private owners in exchange for other property that would be added to Adirondack Park.

## Proposal Five

### Exchanging forest preserve land with NYCO Minerals, Inc.

This proposal would permit the state to transfer some 200 acres of Adirondack Park in Essex County to a private mining company,

NYCO Minerals, in exchange for the same amount and quality of land worth at least \$1 million. The new land would be added to the forest preserve.

After mining on the exchanged land, the company would restore its condition and return it to the forest preserve.

## Proposal Six

### Increasing the age certain state judges can serve

Court of Appeals judges serve 14-year terms but must retire at 70 even if their terms aren't over. The proposal would allow them to serve up to

10 more years in their current term.

State Supreme Court judges must retire at 70, but can serve up to three two-year terms after this age. The amendment would allow these judges to serve up to five two-year terms after turning 70.





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## Riding the rails

Man survives  
dancing into  
path of L train

A man in his 60s who fell onto the tracks and under a train at the Bedford L stop Saturday night is expected to survive, police said.

The fire department responded to the call just before 8 p.m. Brendan



The L train / METRO ARCHIVE

O'Connor was outside the subway station as the trucks arrived.

"One woman told me that she had been on the train and felt a jolt, implying that someone had been hit," O'Connor said. "Another man told me that someone — apparently drunk — had been dancing on the edge of the platform and fell onto the tracks."

Another witness tweeted that the man had been dancing backward and fell just as the train arrived on the Brooklyn-bound track. He added that the man "was responding normally and it didn't look like he was pinned down or anything."

The injured man was taken to Bellevue, where police said he was not likely to die. **EMILY JOHNSON**

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The car crash on Saturday in Fort Greene killed a 9-year-old boy. / NATE JONES, METRO

## Boy killed in Fort Greene car crash on Saturday

**Intersection.** The driver was charged with criminally negligent homicide in the death of the 9-year-old.

The mother was uninjured, police said, but her 9-year-old son was pronounced dead at the scene. Her 5-year-old son was taken to the hospital in stable condition, police said. The 28-year-old pedestrian was also taken to the hospital with a leg injury.

An idyllic, sunny afternoon was shattered Saturday when a 9-year-old boy was run over by an SUV in Fort Greene.

Police said the collision happened about 12:49 p.m. at the corner of DeKalb and Clermont avenues.

Police identified the driver as 59-year-old Anthony Byrd, a Clermont Avenue resident.

Cops said he hit a 28-year-old woman who was crossing the street, and slammed into a mother and her two sons.

Astoria resident Morgan Pederson was on her way to the Brooklyn Flea with her husband. When they heard the crash, she ran to the scene, she said. She saw the little boy pinned between the car and the wall, she said.

"It was probably the worst sight of my life," Pederson said. "My husband told me, 'I hope you never have to see anything like that again.'"



**DANIELLE TCHOLAKIAN**  
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### Before the accident

According to police reports, Byrd hit a parked Ford Taurus while attempting to avoid two pedestrians in the crosswalk, police said.

- Police said after hitting the parked Taurus, Byrd drove

onto the sidewalk, crashing into a building and a parked Escalade.

- He then drove the wrong way up DeKalb Avenue, sideswiping a Chrysler Pacifica.



## YOUTH UNEMPLOYMENT CRISIS

# Bill de Blasio aims for action

PEP photo by Clarence Elie-Rivera

**Meet Mike Johnson,** a 21-year-old high school graduate from NYCHA's Castle Hill Houses, where unemployment for young minority men hits 50 percent. Public Advocate Bill de Blasio says the November 5 mayoral election is about young people like Mike.



Mike Johnson is a gentle giant who needs a job. While he looks for employment, he is watching his one-year-old niece so his sister can work. Mike also volunteers with Community Voices Heard, a tenant advocacy group working with NYCHA residents to reverse years of official neglect.

### Mike's story

- For three summers in a row Mike Johnson applied for summer work with the New York City Housing Authority but — like 100,000 other youths who wanted to work for the city — he was turned away by the shrunken city youth employment program.
- Mike graduated from Alfred E. Smith High School in June. He was certified in auto body collision repairs. He looked forward to a promised internship at an auto dealership. "I did all the work and I got the certificate, but then I was told they don't do the internship placements anymore," he said.
- Johnson says if young people in NYCHA housing got paid to maintain and repair their buildings — as they once did — they would be less likely to cover the walls with graffiti. "They would feel what the people who do the work feel now, when the kids mess it all up."

Mike Johnson is voting for the first time on Nov. 5<sup>th</sup>. He is casting his ballot for Bill de Blasio. If you care about decent unemployed young people like Mike and the future of our city, you should also vote for Bill de Blasio.

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**Vote Tuesday, Nov. 5<sup>th</sup> — Polls open from 6 am to 9 pm**



## Under investigation

**Cops find man, 72, dead in nursing home**

A 72-year-old man was found dead with a hanger around his neck in a Bronx nursing home Friday, police said.

Police said officers responded about 8 p.m.

to a report of an assault inside the Bainbridge Nursing and Rehabilitation Center in Norwood.

When officers arrived, they found the man lying in his bed unconscious and unresponsive with a wire hanger around his neck, police said.

ANNA SANDERS

## All Hallows' Eve

**Man tries to rape woman after party, police say**

Cops are searching for a man who tried to rape a young woman walking home from a Queens bus stop after a Halloween party early Friday. ANNA SANDERS



The suspect / NYPD

## In the Bronx

**Police charge man, 22, in hit-and-run**

Henry Lawrence, 22, was charged with murder after police said he jumped the curb and fatally struck a man Saturday in the Bronx.

Lawrence was arrested and charged

with murder and one count of manslaughter after police said that he drove his Toyota onto a sidewalk and fatally struck 32-year-old Derrick Callender just after midnight in Wakefield.

Police said that Lawrence and the passengers in the car fled the scene on foot.

ANNA SANDERS

## Tony's Metro Magic toy drive

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added daily. Simply select the toys you want and purchase them. That's it! Selecting only the toys on our Wish List ensures that all the gifts will be shipped to our offices. If you donate, email Metro at [charity@metro.us](mailto:charity@metro.us) letting us know what you gave, and we'll print a "thank you" in the paper.

METRO



Tony's Metro Magic toy drive is about brightening the holiday season for needy children. / METRO FILE PHOTO

**Marathon runners turn the city into a race course**

More than 45,000 runners hit the streets of New York City on Sunday for the ING New York City Marathon. The race passed through all five boroughs and ended in Central Park. The race took place under heightened security from the NYPD. / GETTY IMAGES

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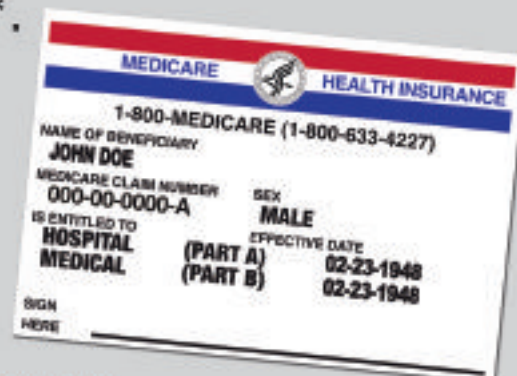
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## Democrats. Hillary Clinton flattered, but no decision on 2016

Hillary Clinton was flattered by an early endorsement by New York Democratic Sen. Charles Schumer but has made no decision about running for president in 2016, her office said on Sunday.

Schumer, in a speech to Democratic activists in Iowa on Saturday night, said "2016 is Hillary's time," and urged her to seek the Democratic

presidential nomination.

It was the latest in a series of endorsements by Democratic leaders for the former secretary of state and former U.S. senator, who is pondering whether to run in 2016 after losing the nomination in 2008 to Barack Obama.

However, Clinton's office appreciated Schumer's gesture. **REUTERS**

### Surveillance

## Snowden says calls for reform prove intel leaks were justified

Fugitive intelligence contractor Edward Snowden said calls for more oversight of government surveillance show he was justified in revealing the

methods and targets of federal agencies.

Snowden's leaks about the National Security Agency, from its alleged mass scanning of emails to the tapping of world leaders' phones, have infuriated U.S. allies and placed Washington on the defensive.

**REUTERS**

# Congressman: Note shows airport attack was planned

**Shooter.** The gunman faces a murder charge in the shooting death of a TSA agent at Los Angeles transit hub.

The suspected gunman in last week's deadly attack at Los Angeles International Airport wrote a note saying he intended to die after killing at least one security officer, the chairman of the House Committee on Homeland Security said on Sunday.

Paul Anthony Ciancia, 23, also discussed weaknesses in airport security in the "suicide" note before Friday's attack, Michael McCaul, the Republican congressman who chairs the committee, told CNN.

Ciancia is accused of fatally shooting a Transportation Security Ad-



Law enforcement officials gather at a command center on the upper level of Los Angeles International Airport after a shooting inside the airport's Terminal 3 on Friday. / GETTY IMAGES

### Quoted

"The other thing he wanted to talk about was how easy it is to bring a gun into an airport and do something just like he did."

McCaul said of the note

wounding him and ending the rampage.

"It's clearly one of those notes that reads, 'I'm going to kill people and I don't want to kill civilians,' with the idea that he's going to die at the end of this," McCaul, who said he had read the note, told CNN.

**REUTERS**

ministration officer, the first employee from the agency to die in the line

of duty since it was created 12 years ago. Airport police shot the gunman,

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# Morsi to go on trial as Egypt struggles with democracy

**Uprising.** The ousted president faces charges of inciting violence.

Egypt's first freely elected president, Mohammed Morsi, goes on trial Monday under a security crackdown that has devastated his Muslim Brotherhood movement and raised concerns that the army-backed government is reimposing a police state.

Morsi, who was ousted by the army on July 3 after mass protests against his rule, is due to appear in court at the same Cairo police academy where autocrat Hosni Mubarak also faces trial following his own overthrow in 2011.

The popular uprising that toppled Mubarak had raised expectations that

Egyptians could break the military establishment's long-standing grip on power. However, the generals are back in charge, to the dismay of Western allies who hoped Egypt's experiment with democracy would be smooth.

Morsi, who has been held in secret location since his removal after

only a year in office, is due to appear along with 14 other senior Muslim Brotherhood figures on charges of inciting violence.

In the most senior visit to Cairo by a U.S. official since Morsi's fall, Secretary of State John Kerry called on Sunday for a fair, transparent trial for all Egyptians. **REUTERS**

## Transparency

### Kerry sees signs of Egypt moving back toward democracy

A day before Egypt's deposed Islamist president goes on trial, U.S. Secretary of State John Kerry expressed guarded optimism on Sunday

about a return to democracy in the country, as he began a tour partly aimed at easing tensions with Arab powers.

Kerry called for fair, transparent trials for all citizens. However, he described Cairo as a vital partner, apparently trying to repair relations hurt by a partial freeze in U.S. aid, pending progress on democracy.



A supporter of Egypt's ousted president Mohammed Morsi shows his portrait in front of riot police during a rally on the road leading to the Cairo landmark Tahrir Square. / GETTY IMAGES

## UK newspaper

### Holocaust memorabilia found on eBay

eBay has removed from its listings about 30 items of memorabilia from the Nazi Holocaust, including clothes worn by concentration camp victims, after a newspaper investigation discovered them for sale on the e-commerce website, Britain's Mail reported on Sunday.

The newspaper said its reporters found a range of items on the site over the past week, including what was presented by the vendor as a complete Auschwitz uniform worn by a Polish baker who died in the Nazi death camp.

The Mail on Sunday said it had alerted eBay and that the online auctioneer had removed 30 items from sale and offered to make a donation of 25,000 pounds (\$40,000) to a suitable charity. **REUTERS**

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# Pakistan to assess US ties after killing of militant disrupts talks

**Response.** Politicians have demanded that U.S. military supply lines into Afghanistan be blocked.

Pakistan is to review its relationship with the United States, the prime minister's office said on Sunday, following the killing of the Pakistani Taliban leader in a U.S. drone strike.

But a top-level meeting to examine relations, scheduled for Sunday, was postponed at the last minute without explanation.

Hakimullah Mehsud, who had a \$5 million U.S. bounty on his head, was killed on Friday in the northwestern Pakistani militant stronghold of North Waziristan, near the Afghan border.

The Pakistani Taliban

have killed thousands of Pakistani civilians and members of the security forces in their bid to impose Islamist rule, but the new government has been calling for peace talks.

The government denounced Mehsud's killing as a U.S. bid to derail the talks and summoned the U.S. ambassador on Saturday to complain.

Prime Minister Nawaz Sharif's office had said he would chair a meeting on the consequences for ties with Washington. There was no indication when it might now take place.

"It is clear that the U.S. is against peace and does not want terrorism to subside. Now, we only have one agenda: to stop NATO supplies going through [the northern province of] Khyber Pakhtunkhwa," Asad Qaiser, the speaker of the provincial assembly, told Reuters.

REUTERS



A Pakistani protester from United Citizen Action holds a burning U.S. flag as others shout anti-U.S. slogans during a protest against the killing of Taliban leader Hakimullah Mehsud in a U.S. drone attack. / GETTY IMAGES

## Taliban leader

### US lawmaker defends killing

A U.S. lawmaker whose committee oversees the intelligence community defended the drone strike that killed a Pakistani

Taliban leader and said it would help keep American troops safe.

Representative Mike Rogers, who chairs the House of Representatives' permanent intelligence committee, said the slain

militant, Hakimullah Mehsud, was a "bad guy" who was connected to attacks against Pakistani soldiers and to the Taliban in Afghanistan, which has forced closures of many schools for girls.

## Heinous killings

### France says its journalists 'assassinated' in Mali

France said two French journalists found dead in the northern Mali region of Kidal had been "coldly assassinated" by militants and vowed to step up security measures in the area.

Radio journalists Claude Verlon and Ghislaine Dupont were abducted after interviewing a member of the MNLA Tuareg separatist group in northern Mali.

Their bodies were found on Saturday by a French patrol eight miles outside Kidal, the birthplace of a Tuareg uprising last year that plunged Mali into chaos, leading to a coup in the capital Bamako and the occupation of the northern half of the country by militants linked to al Qaeda. REUTERS

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## Homegrown

**Swisscom builds 'Swiss Cloud' as spying storm rages**

Swisscom is building a "Swiss Cloud" that could loosen the grip of U.S. technology giants and attract foreign companies looking for a way to shield sensitive data from the prying eyes of foreign intelligence services.

Companies are increasingly turning to cloud computing to cut costs and add flexibility to their IT departments.

But revelations that the NSA secretly gathered user data from nine big U.S. tech companies has demonstrated that privacy for users of

cloud services can be compromised, and some suggest customers could seek out alternatives to the dominant U.S. providers to try and protect sensitive information.

Swisscom's head of IT services Andreas Koenig said the telecom provider's decision to set up a home cloud was unrelated to the recent NSA revelations and driven more by a desire to cut costs and make its systems more dynamic.

Still, as the technology to protect against illegal threats progresses, Koenig says it will start to make more sense to store data in locations where strict privacy laws make it harder to retrieve sensitive information. **REUTERS**

## By the numbers

**70**

Koenig said Swisscom's goal was to have 70 percent of its own IT infrastructure in the cloud by 2016.

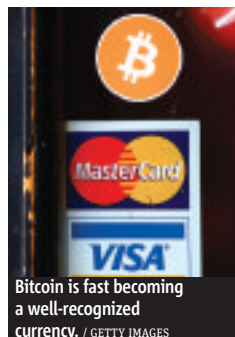
**200**

That's the equivalent of 200-300 petabytes of data. According to analysts, it would take 223,000 DVDs to hold just one petabyte.

# Chip designers seek to profit in Bitcoin mining

**New gold rush.**

Prospectors are using math in place of pans and pickaxes.



Bitcoin is fast becoming a well-recognized currency. / GETTY IMAGES

Tucked away in an air conditioned data center in Silicon Valley is a hodgepodge of black boxes, circuit boards and cooling fans owned by 27-year-old Aaron Jackson-Wilde, a modern-day prospector looking for Bitcoins.

Since discovering the digital currency a few months ago, Jackson-Wilde has paid about \$2,000 for his "rigs," which are powered by specialized computer chips. They are designed to help operate and maintain the Bitcoin network — and, in return, generate a small reward in a process known as "Bit-

coin mining."

A form of electronic money independent of traditional banking, Bitcoins started circulating in 2009 and have since become the most prominent of several fledgling digital currencies.

While they quickly gained a reputation for facilitating drug deals and money laundering, Bitcoins have of late garnered attention from investors. The volume of transac-

## Quoted

**"I've been in arms races throughout my career — AMD, ARM, Intel. But none of them match the intensity of Bitcoin mining. Each month in Bitcoin mining is like a year."**

Ravi Iyengar, who quit his job as a senior chip architect at Samsung and raised \$1.5 million to launch CoinTerra, which sells hardware meant for "mining"

tions using Bitcoins today remains miniscule, but enthusiasts believe the peer-to-peer currency will play a major role in e-commerce and could eventually become as ubiquitous as email.

Bitcoin mining is based on a unique feature of the digital currency. Unlike traditional currencies, where a central bank decides how much money to print, no central authority governs the supply of Bitcoins.

Instead, Bitcoin transactions are tracked by a network of computers that solve complex mathemati-

cal problems to validate transactions and prevent counterfeit. The system automatically generates new Bitcoins as the math problems are solved and rewards them to the computer operators.

In a key twist that keeps inflation in check, the difficulty of the cryptographic math that leads to newly minted coins grows as more computers join the network. That has led some to target a new market in souped-up computers and specialized chips aimed at the growing ranks of Bitcoin "miners." **REUTERS**

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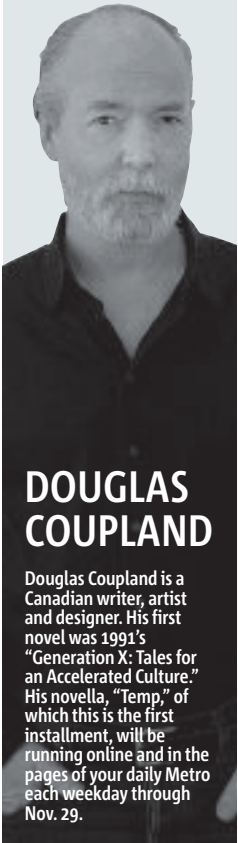
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# Day 1: Temp enlivens life-sucking meeting

I've learned over the years that the fastest way to bring an office to a grinding halt is simply to write "broken" on a piece of paper and tape it onto the photocopier. Staffers walk to the machine, see the sign, feel momentarily inconvenienced and then glow inwardly when they realize they can blamelessly return to their cubicles and play FreeCell and trawl the Internet for Russian dash-cam car-accident GIFs.



Greetings. My name is Shannon. I'm a temp, but more than that, I'm the future of employment in the Western world. Sure, you may have a job right now, but one day you'll be me, roving from gig to gig, no medical, no dental, no anything else except the pleasure of not having to kiss ass or put up with imbeciles or care much about things like, say, life-suckingly boring meetings of the sort I sit in at Taylor, Wagner & Kimura Filter Systems.

TWK's owners are systematically moving the company to China and everyone knows it. Pretty

much once a day someone at TWK is given the ax while I, as temp goddess, casually buff my nails or stalk Facebook looking for unflattering photos of the popular kids I used to go to high school with. There used to be a full-time receptionist but she went on maternity leave. So here I am. Temp!

Dan Wagner (the Dani-mal), who co-owns TWK, understands my devil-may-care, low-commitment attitude. Like today when he called me in from the front. "If it's OK, young Shannon here is going to take notes on today's meeting." Dan always winks at

me, which is slightly pervy but technically not actionable as harassment.

The Three Sarahs roll their eyes when Dan brings me in. Yes, you read that correctly: Sarah from Marketing, Sarah from E-commerce Strategy and Sarah from Systems. Don't get me going.

So when the meeting invariably turns into an inevitable miasma of fear and crushed dreams, Dan will say, "Shannon, give us a lift, why don't you? What's your random fun fact of the day?"

Today's fun fact: "Well, Dan, what country on Earth has the world's low-

est age of consent?" This question was just racy enough to ensure that even the Sarahs listened in.

"What country would that be, Shannon?"

"The Vatican. The age of consent there is 12."

Even the Sarahs reacted to that one.

"Seriously?"

"12?"

Everyone whipped out their gadgets and dog piled onto Wikipedia.

"Wait," said Sarah No. 2. "I think it might actually be 14."

"Well," said Dan, "The 13-year-olds over there must certainly be sleeping easy tonight. Shannon, thank you for bringing joy and knowledge to our universe. Phelps, you are good."

I am.

**TO BE CONTINUED ...**

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# Nerds for hire

**Excel ninjas.** MBA students lend their skills for some bucks.

Meet Pat Petitti, a 29-year-old co-founder of the Boston-based startup Hourly Nerd, which connects small-business owners with MBA students who offer consulting services. As part of their course work as students in Harvard's MBA program, Petitti and four classmates were tasked with creating a business.

Petitti recalls the birth of their "baby" — a co-founder's father is a small-business owner who asked his son for help with Excel. Petitti says that the Excel work that co-founder Rob Biederman whipped up in minutes would take Biederman's father a whole day's work or more. Their start-up, Hourly Nerd, connects the dots for small-business owners seeking project assistance to tap MBA students' abilities.



From left: Peter Maglathlin, Pat Petitti, David Connolly, Joe Miller and Rob Biederman are Hourly Nerd's co-founders; Connolly is the company's CTO. / BRENDAN HART

"MBA students often go into [programs] to switch industries. It's really hard to do if you don't have experience," Petitti says. "You can put this experience on a résumé." Plus, he says, students can make some cash.

Hourly Nerd makes money as well — they get a cut of each transaction. Typically, projects range from a few hundred to a few thousand dollars.

As for building up their own Benjamins with investors, the founders spoke to the TV show "Shark Tank,"

but Petitti says an appearance wouldn't make sense for the company. Then, they went directly to the show's star, investor Mark Cuban.

"We had zero expectations, but he understands small businesses. I think it was less than 10 minutes later, he responded with a list of questions and said he was interested." And \$450,000 later, he's among the investors.

**VICKI SALEMI**  
letters@metro.us

## Advice

### Four tips for aspiring entrepreneurs

**1 Just do it.** "Spend less time thinking about the right approach, theorizing and strategizing. Just execute."

**2 Don't fly solo.** "I would probably get 50 percent of the decisions wrong [on my own] but because I'm working with people whose opinions I really respect and value, we're able to make all of the decisions as a group."

**3 Work with friends and family.** "My three MBA co-founders are three of my best friends at Harvard; our CTO is my cousin. We can be extremely transparent with each other."

**4 Ask for advice and own it.** "Everyone has an opinion, but being able to take the different perspectives and dilute it down to what is right for your business is the trick."

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# Inside the furry suit: St. Joseph's Hawk



**Wingspan.** Ian Klinger might get hot in the costume, but for a free ride he doesn't mind flapping his wings for a few hours.

The benefits of wearing a furry suit can be ephemeral — a little love from the kids, photos and adoration are usually the kinds of things mascots are going for. At St. Joseph's University in Philadelphia, Ian Klinger dons the flashy Hawk costume at games, charity events and even weddings for alumni in exchange for the ultimate payoff: free tuition.

**How did you find out about the St. Joe's Hawk?**



Ian Klinger shakes his feathers (and some fur) on the court. / PROVIDED

I was a manager [for the basketball team] so I'd come to practice and help out as a sophomore, so I was around the program. I knew the Hawk coming here — it's everywhere at St. Joe's. I figured, why not just dive in and have a good time? If it happens, it happens.

**With student debt in the trillions, was there lots of competition for the gig?** Yeah, it's pretty nuts. Basically, they bring everyone

out and they ask you to stand and basically start flapping. [Laughs] No, I'm kidding. It's basically just an interview, like any job interview process.

**What are your favorite events to attend?**

I really do love doing the games. Any big games, or any home game is exciting. Also, the weddings where there are a ton of St. Joe's people are fun; I've done weddings where they actually put me up in

hotels for the night. Then, at the service events, it's always cool to be in the suit and interact with the kids, so that's always a good time.

**What do you feel is your duty as the man behind the Hawk?**

On a more serious note, it does have a bigger symbol and it represents the university as a figurehead. It's something that's a leadership role on campus, and I have to manage my grades with the schedule. The Hawk needs to be someone that can sit down and hold a conversation with alumni. I've met a lot of cool alumni and I get to talk to them through this position, which is awesome.

**Have you ever worn the suit at a non-university-sanctioned event, like for fun at a party?**

No, I haven't. I wear it so much I don't want to be in it any more than I have to. It doesn't smell very great, so it's not a very enticing costume. It's not going to get me anywhere.



**JULIA FURLAN**  
julia.furlan@metro.us

## Wedded bliss

**You got down on the dance floor at a wedding that I attended, and you were a pretty big hit.**

That day was crazy; I think I did five appearances that day between stuff on campus and then I did another wedding downtown. By

the time I got there, everyone was a little lubricated.

**Editor's note:**  
That is accurate.

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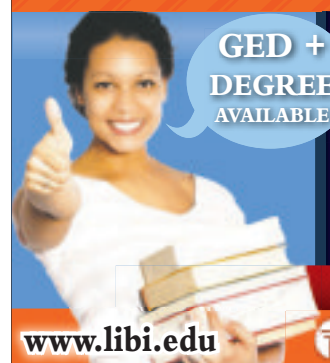
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## Halloween exploits of the rich and famous

# THE WORD

Dorothy Robinson takes on the world of gossip.

**DOROTHY ROBINSON**  
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dorothy.robinson@metro.us



Yet another Halloween weekend is over. The fishnets, wigs and fake blood have been put away, the hangover is still raging and embarrassing photos of yourself are circulating the Internet. It was a banner year. However, there are some people who did Halloween even better than you did, and those people are, of course, celebrities. Let's see how they spent their weekend.

It's been a while since we've heard from the Madden brothers. The Good Charlotte frontmen were tabloid regulars for a bit, with Joel Madden making headlines about his dating exploits (he is the ex of Hilary Duff and now Nicole Richie's husband). Now brother Benji Madden looks like he's making up for lost time: He was spotted locking lips with none other than Miley Cyrus (dun! dun! dun!) at Hollywood hot spot Bootsy Bellows on Halloween, according to E! News. Cyrus was reportedly enjoying a girls' night with Kelly Osbourne and about 10 other friends, but her attention soon turned to Madden. They later left together with friends.

Meanwhile, Lindsay Lohan was spotted canoodling with engaged boxer Floyd Mayweather at a Halloween party she was hosting at

the Foxwoods Casino in Connecticut (that's what a woman in rehab should be doing — hosting a party at a casino). Mayweather was dressed as Freddy Krueger, while Lohan went as Carrie. They acted like "two old friends" at a party where, apparently, booze was flowing.

Oh, and Heidi Klum had the most terrifying costume ever — she appeared at her annual Halloween party at Marquee in NYC as herself at 95, complete with wrinkles, and age spots that would make Joan Rivers pleased about her life choices. Klum, who recently turned 40, explained to People magazine: "There was so much talk about me turning 40 and what it felt like to be older. I thought, really? I will show you old!"



### Talking points

#### Bieber visits brothel

They grow up so fast. Just days after allegedly spending the night with a prostitute in Panama, Justin Bieber was caught sneaking out of a brothel in Brazil, according to Page Six. As one of his security guards sprayed photographers with water in an effort to ward them off, others hurried the 19-year-old Canadian pop star out the front entrance hidden under a sheet bearing the logo of the brothel — though one of Bieber's many tattoos was clearly visible. Bieber and a friend reportedly spent three hours at the establishment, Centauros in Rio de Janeiro, before leaving with two women and returning to his hotel.



#### Nicholson and Streep, sitting in a tree

A new biography about Jack Nicholson claims that the noted ladies' man had a fling with Meryl Streep in 1987 while they were filming "Ironweed," their second on-screen pairing, according to the Daily Mail. "Often during shooting, his Winnebago seemed to be balanced on four overworked Slinkys,"

biographer Marc Eliot writes. Nicholson was in an on-again, off-again relationship with Anjelica Huston at the time — and reportedly secretly dating Veronica Cartwright — while Streep was already married to husband Don Gummer. Their alleged fling came after Streep had reportedly vowed to never work with Nicholson after "Heartburn" because of his "sexual overtures," though she later denied making any such vow.



ALL PHOTOS GETTY IMAGES

#### Nothin' but chains

Singer Trey Songz took it all off (well, almost all — he still kept his chains on) for a performance during Power 105.1's Powerhouse 2013 at the Barclays Center on Saturday night in New York City.

# 2 CULTURE

### Twitter feed

We check in with some of Hollywood's biggest names to see what they've been up to — in their own words, in 140 characters or fewer.

Today, Harry Styles is done with his latest tour, Solange Knowles is shaking her head, Whitney Cummings isn't all that impressed and Kelly Osbourne is telling it like it is.

@Harry\_Styles: So that's it.

@solangeknowles: And it's better to laugh than to smh. But sometimes I still gotta smh so I just smh and lol cuuuuuuz smh lol.

@WhitneyCummings: Just saw the movie where Matthew McConaughey lost weight to look emaciated — in other words he's doing what actresses do for every movie.

@KellyOsbourne: There are no secrets in Hollywood you are either a #DoughBag or you are not!





# CARLTON GEBBIA

Reality TV newcomer opens up about joining the "Beverly Hills" cast.

## A BRAND NEW HOUSEWIFE GETS 'REAL'



RODOLFO MARTINEZ/BRAVO

When Carlton Gebbia decided to join the cast of "The Real Housewives of Beverly Hills" (the fourth season premieres tonight on Bravo), she sat down with her two daughters to watch a few episodes of the show. Having never watched reality TV prior, Gebbia's toes began to curl with every outrageous comment and fake smile that flashed on the screen. The London-bred former actress may have a net worth somewhere around \$50 million but, if you ask her, the Rob Zombie-listening, Wicca-practicing mother of three isn't your typical housewife.

### Did you have reservations about putting your family on TV?

Oh definitely! I did toy with the idea of not doing it. I sat down with my husband and kiddies and hashed things out. I told them, "There will probably be moments that you will see on TV, or hear about, where I behave badly or make mistakes. But I will not have any regrets about it, because it's my reality and I will be OK with that." I wanted them to be assured that it wouldn't be that detrimental, but it's going to be my life.

In the Season 4 trailer of

### the show, Kyle Richards rattles you with a comment about you being a witch?

That clip was the culmination of a whole series of insults, disrespectful behavior and bigotry that she hides behind her incessant laugh. It wasn't just that moment that everything exploded, it was a gradual process of signals that I kept getting from her.

### Tell us about your faith. Are you a witch?

My grandmother was a Pagan. I've been brought up in that lifestyle. I practice witchcraft. My faith has taken traditions

### Q&A

#### Is Kim Richards as crazy as she has previously appeared?

[Laughs] I had a really great time with her in Palm Springs. We're both in our element, feeding these wild squirrels. Then she does a gesture where she's in a very spiritual moment with herself. ... She just gets down on her knees and gives thanks. It was a very odd place to get down your knees, but I guess that's Kim. I like her.

from Wicca that I have individualized for myself. I don't live a Wiccan lifestyle, but you will see a lot of similarities. And let me tell you, it's one of the most harmonious religions out there. It's all connected and revolves around Mother Earth and having respect for the universe.

#### Did you feel judged by the other women for your beliefs?

I felt like I had to defend it, which I didn't appreciate. It gets me emotional, just because I know what a beautiful faith it is. However, with every religion you're going to have the

two fights. There's a light and there's a dark. I think that every single religion could coexist. But people like Kyle, they're the ones that start these bloody religious wars.

#### You're pretty involved on Twitter, any people you particularly enjoy following?

I absolutely love music, so I can appreciate all genres. But I love Rob Zombie, I love Slash — I'm happy to call him a friend. Oh yes, and Sean from Slipknot.

ALEX KHATCHADOURIAN  
letters@metro.us



"The Real Housewives of Beverly Hills" premieres tonight at 8.  
RODOLFO MARTINEZ, BRAVO

## Kyle Richards dishes on drama

There was a time when Kyle Richards was best known for being Paris Hilton's aunt. These days, she's a personality in her own right. We got Richards (who apparently hasn't won any favor with Carlton Gebbia) on the line to talk about all the drama.

### How much of the drama is real, and how much is put on for the cameras?

Unfortunately, all of it's real. I wish I could say that it was scripted, because it would make my life a

### Q&A

#### Be honest: Who's your favorite cast member?

Are you trying to get me killed?! [Laughs]

lot easier! First of all, they choose women who have very strong personalities and are very opinionated. Then the whole backstory you don't see is that it becomes a competition. Some of the women ... try to take any opportunity

they can to make another woman not look good.

#### "Reality" TV is sort of a misnomer. How much of your show would you admit is "real"?

I think there are a lot of misconceptions about reality television. One is I think people think that the cameras are there from the minute I wake up to the minute I go to bed at night. But that's not the case. As far as things being real or not real, ours is very real.

#### Have you met all the other "Housewives"?

I think almost everybody.

#### Maybe you can answer this, then: Who's your favorite of any cast?

NeNe Leakes. She's fun. She makes me laugh.

#### What's one thing about the show people probably don't know?

That, sometimes, as bad as you think it is, it's even worse behind the camera! [Laughs] I guess I'd say that.

ALEXANDRA CAVALLO

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# He shoots, he scores!

**Box office.** Controversy only somewhat stifled "Ender's Game" weekend success.

"Ender's Game," the futuristic story of children forced to fight an enemy race, battled to the top of box office charts in the United States and Canada, defeating senior citizen buddy comedy "Last Vegas" and animated turkey toon "Free Birds."

Based on the best-selling 1985 sci-fi novel by anti-gay activist Orson Scott Card, "Ender's Game" collected \$28 million in ticket sales over its first three days, according to studio estimates released on Sunday.

Raunchy comedy "Jackass Presents: Bad Grandpa," which topped last weekend's charts, dropped to second place with \$20.5 million. "Last Vegas" debuted in the No. 3 spot, grabbing \$16.5 million.

"Free Birds," featuring the voices of Owen Wilson and Woody Harrelson, debuted in fourth place, ringing up \$16.2 million at North American theaters. The 3-D movie tells the story of two turkeys that travel back in time to stop the birds from becoming the main course at Thanksgiving dinner.

Rounding out the charts, 3-D space thriller "Gravity" pulled in \$13.1 million. The movie's worldwide total has now topped \$425 million.

"Escape Plan," the prison-escape thriller teaming Sylvester Stallone and Ar-



Audiences were mesmerized by Asa Butterfield in "Ender's Game."

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- 1 'Ender's Game' \$28 million
- 2 'Jackass Presents: Bad Grandpa' \$20.5 million
- 3 'Last Vegas' \$16.5 million
- 4 'Free Birds' \$16.2 million
- 5 'Gravity' \$13.1 million

nold Schwarzenegger, fell out of the Top 10 to No. 11 in only its third week in release, with \$2.3 million in receipts for a total of \$21.6 million.

Elsewhere, Marvel action hero Thor hammered into international theaters for sequel "Thor: The Dark World," hauling in \$109.4 million from Wednesday through Sunday, distributor Walt Disney Co. said. The movie debuts in the United States and Canada on Friday. **REUTERS**

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# No kids for this guy (yet)



AZIZ ANSARI'S LATEST STAND-UP  
SPECIAL DEALS WITH AGING.

GETTY IMAGES

**Interview.** With his new special, "Buried Alive," Aziz Ansari delves into hitting his dirty 30s.

Stand-up shows are opportunities for comics to air their complaints and grievances — or at least the complaints and grievances they have at the moment.

"By the time you write it, film it, edit and get it in the hands of the Netflix people, it ends up being a long time," says Aziz Ansari, whose latest stand-up special, "Buried Alive," hit the streaming giant last Thursday.

The tour happened last spring and summer, but he says he still generally believes what he said about turning 30 and not yet wanting to marry, have kids or settle down. "Definitely my views have changed a little bit here and there. I still have that fear, but I think I'm more comfortable with the idea of waiting and doing that stuff later in life — as long as there's reason to do it."

The show brings him to Netflix, which has become a heavyweight in terms of premiering new material, like the original series "House of Cards," "Derek" and "Orange Is the New Black." "I think Netflix is one of the few outlets we have where people get to watch things the way they

like to," he says. "I've done every kind of method of releasing material — say, releasing it for \$5."

The comedy scene has been rocked by controversies over the last year, such as Daniel Tosh's off-the-cuff rape joke during a show. "I think you have to take that all case by case," Ansari maintains. "I'm sure if you take my things out of context, you can make me seem like a horrible person, too." In "Buried Alive," he skirts that fine line with a joke about pedophiles. "Ultimately that joke is about how I'd be scared to have a kid. I would be so scared for the safety of my kids. That's the scariest part of that, how parents let their kids run around the mall by themselves."

## Brooks Brothers boy

### Television personality

Ansari isn't convinced there's a ton of crossover between his "Parks and Recreation" gig, now in its sixth season, and his stand-up shows. He does admit the role — as irrepressibly boyish Tom Haverford — was tailored for him, as the other characters were for the rest of the cast.

"They grab elements from my real life. There are elements of all our personal lives on the show," he admits. He has wider musical taste than Tom, though. "I listen to rock music. I listen to plenty of rap, but I like rock. My tastes are pretty across the board."

## Quoted

"I think I'm more comfortable with the idea of waiting and doing that stuff later in life — as long as there's reason to do it."

Ansari, on not marrying and/or having kids



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Handsome, well-dressed, bored Europeans were all over screens in the early 1960s, many of them in the films of Michelangelo Antonioni. Starting with "L'Avventura," the Italian filmmaker made what was loosely called the "trilogy of alienation." In these, pretty actors — among them, Monica Vitti, Alain Delon and Gabriele Ferzetti — wandered underpopulated cities, struggling to feel anything.

In 1961's "La Notte," Marcello Mastroianni and Jeanne Moreau play a longtime couple. He's an esteemed novelist who



"La Notte" goes hi-def.  
CRITERION COLLECTION

has lost passion for work, and much more. The two attempt a date night, but only wind up at a party where they try to hook

up with others, including the hot daughter of an industrialist (Vitti).

There's another movie going on in "La Notte," a more spirited one in which our leads are younger and madly in love. We only get glimpses of this: in them revisiting places they used to frequent or with a love letter he once wrote her that he can't remember penning. Watching it is like watching "Before Midnight," but not "Before Sunrise" or "Before Sunset." They say they once loved each other, but they can't for the life of them remember why.

## It died hard

### 'White House Down'

Of the dueling "Die Hard" in the White House" pic-

tures this year, "Olympus Has Fallen" won, while the super-budgeted "White House Down" tanked. It's not great, but the latest

from "Independence Day"'s Roland Emmerich is cheerfully ridiculous, with a deadpan Channing Tatum as its Bruce Willis.

## Also out this week



### 'Passion'

Brian De Palma finally returns to trashy thrillers, with Rachel McAdams and Noomi Rapace duking it out in the ad world.

### 'The Hobbit: An Unexpected Journey' (Extended Edition)

If you thought 169 minutes was too long to tell a third of a slender fantasy novel for kids, then guess what? Now you can watch a 182-minute version. Perhaps there's even more of that sick hedgehog?



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## TV watch list

## REALITY

## 'The Real Housewives of Beverly Hills'

The Bev Hills ladies return for a fourth season that, if the promos are any indication, should be filled with the most drama and catfighting to date between the ladies in couture that costs more than six months of rent for your apartment. This season, two new wives join the cast. Spoiler alert: One of them is a witch, maybe. Want more spoilers? Turn to page 16 for interviews with two of

the cast members. **SEASON PREMIERE, 8 P.M., BRAVO**

## REALITY

## 'The Real Housewives of Miami'

As we say hello again to the B.H. wives, we say adios to the far spicier Miami cast. In the third season finale, the question of whether Roman — who, frankly, seems like a major creep — will actually make an honest woman of Joanna is answered. Oh God, the suspense! **SEASON FINALE, 10 P.M., BRAVO**  
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The Beverly Hills ladies bring the drama tonight. / BRAVO

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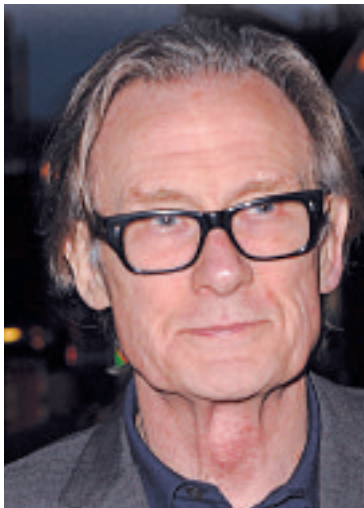
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## BILL NIGHY

The "About Time" star will always say yes to Richard Curtis.

## JUMPING BACK AND FORTH

## Playtime

## Your 'Pirates of the Caribbean' toy sold quite well.

The Davy Jones toy did do very, very well. You wouldn't think so. I think you can also get pajamas. I mean, who wants to

sleep with Davy Jones on? Nobody — except another octopus. I think you can get a pillow case and a duvet cover. I was very impressed with becoming a toy. My first toy was for "Underworld." It gave me a kind of ancient thrill when I was middle-aged and got the toy.

It wasn't until middle age that Bill Nighy (pronounced "nigh"), a hardworking stage and character actor, suddenly found himself with a flood of high-profile roles: the vampire elder in "Underworld," aging rocker Billy Mack in "Love Actually" and octopus-faced Davy Jones in the "Pirates of the Caribbean" movies. "About Time" reunites him with "Love Actually" director Richard Curtis, who cast him as a dad who informs his son (Domhnall Gleeson) that the men in his family have modest time-traveling abilities.

**If Richard Curtis asks you to do a movie, do you just jump at it?**

I sort of pretend to have to read the script first. I could just say yeah. He's never

let me down. I'm sad to hear it's probably the last movie he's going to direct. But I don't believe it. I hope it's not true. I don't blame him, though. Who needs it? Being a film director is such a tough gig.

**Were you attracted to the mundane way "About Time" treats time-travel?**

I was grateful you didn't have to get into strange clothing or speak in ancient tongues or get into a machine. I like the idea that you just get into a cupboard and make a wish. It's about something that is everyone's concern, which is how to get the best out of the day without losing half of it in your head, worrying about yesterday or tomorrow. That's something I've been actively thinking about. You get to my age and you start looking at the clock and think, "I'd better pay attention. I don't want to lose any more days to the static in my head." And I've been actively checking

my surroundings and looking for beauty. If that sounds lame, my apologies, everybody.

**If you had the Richard Curtis time-travel power, would you do the same thing your character does and just reread Dickens?**

Sure. I'd like to go to concerts I didn't make. I was reading a book about James Brown and it talked about the now legendary Apollo gig in 1962, which became the "Live at the Apollo" album. Well, you know, if I could time-travel that'd be the first place I'd go, probably. I'd go back to when I was first offered a cigarette and I'd very firmly say, "No, thank you. Are you out of your mind?" If there was a serious answer to your question, I would go back to my younger self and say, "Lighten up." If I'd have known things would more or less work out, I would have arranged to be more cheerful throughout my life.



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# Courtroom dramas on Broadway

**Trend.** The Great White Way is currently home to two stylistically unique crime thrillers.

There are two great courtroom dramas onstage right now in the Theater District, both captivating in their own right and yet very different.

**"The Winslow Boy"** is based on a true story about how spectacular drama develops from minor theft charges levied against one schoolboy. Here, the ramifications play out in his home sitting room.

This 1946 British period play by Terence Rattigan is reminiscent of last year's revival of Ibsen's "An Enemy of the People." Its keenest twist is how it's not at all about the titular Winslow boy; he's just a vessel for his father's pride. Instead, the battle is about



"A Time to Kill" offers the more traditional courtroom setting. / CAROL ROSEGG

family and community — with a splash of romance. The final scene of this quick-paced and captivating drama, starring Roger Rees and Lindsay Posner, carries more sexual tension in just a few minutes than does the entirety of the new "Romeo and Juliet" four blocks away. [www.roundabouttheatre.org](http://www.roundabouttheatre.org)

Meanwhile, **"A Time to Kill"** is more traditional: It takes place primarily inside of a courtroom, staged so that the viewers become the jury (often inducing reactions from the house). Starring Sebastian Arcelus and Patrick Page, the story is loyal to John Grisham's 1988 first novel, though playwright Rupert Wallace

adds laugh-out-loud one-liners and plot twists to keep the material fresh. Intense, emotional and timeless, this play seems like it's overdue for an appearance onstage. [www.atime tokillonbroadway.com](http://www.atime tokillonbroadway.com)

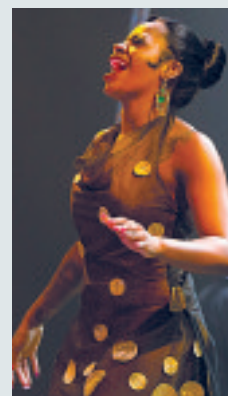


T. MICHELLE MURPHY  
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## Now on Broadway

### 'After Midnight'

Sunday was the opening of "After Midnight," a new composition show about Harlem's Golden Age, set to the music of the Jazz at Lincoln Center All-Stars with artistic director Wynton Marsalis. The current leads are host Dule Hill ("The West Wing") and guest star Fantasia ("American Idol"), but the play will rotate in other headliners next year, such as K.D. Lang, Toni Braxton and Kenny "Babyface" Edmonds. The show comprises 90 minutes of vignettes that exhibit the popular dance styles and music of the 1920s and '30s. Langston Hughes' prose introduces each performance. The play is just long enough to be worth the ticket price and just short enough not to get stale, with no inter-



Fantasia, of "American Idol" fame, stars in "After Midnight" through February 2014. / MATTHEW MURPHY

mission. There's a deep sincerity to the entertainment that doesn't let you forget that you're also taking in historical culture from an important bygone age. [www.aftermidnightbroadway.com](http://www.aftermidnightbroadway.com)

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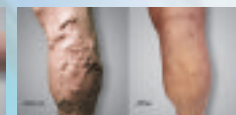
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# Get the Adonis look

**Fitness.** You — yes, you — can get a six-pack with these moves.

It's one thing for David Beckham to advertise underwear wearing little more than a smirk and an astoundingly taut abdomen. However, can the average Joe develop a phy-

sique the gods would envy? "Yes, they really can," says Eli Ingram, a personal trainer with New York Sports Club. "It's achievable for anyone who wants to put in the work. A lot of it is exercise: a combination of total body conditioning and extra ab work. It's also nutritional — men have to look at the way they eat."

And drink: You don't get six-pack abs by quaff-

ing pints of beer, no matter how much exercise you do. "You have a choice: six-can abs or six-pack abs," Ingram jokes.

Strong abdominal muscles create a strong body core to support movement, and that means less stress on joints and the lower back. "The stronger the abs, the stronger the core — and the stronger the body as a whole," Ingram says.

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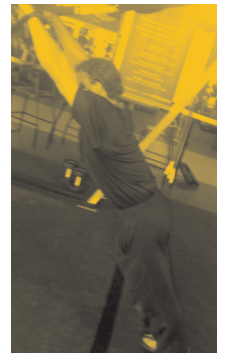
### Battle rope hip toss



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# This one habit will make you happier

**Give thanks.** Start doing this and watch your attitude change.

Is the search for happiness over? Professor Sonja Lyubomirsky at the University of California, Riverside, thinks she has the answer.

Lyubomirsky, author of "The How of Happiness," oversaw a series of experiments monitoring what made people feel more optimistic. One that proved successful was the simple act of writing down what you're thankful for once a week.

Lyubomirsky recommends keeping what she calls a "gratitude journal," listing things that happened during the week you are thankful for. The list doesn't have to be all life-changing occurrences.



What does it take to get happy? It might start with a pen and paper.  
IMAGE SOURCE

It can consist of small things, such as the chance to catch up with a friend over a cup of coffee.

Another route to happiness Lyubomirsky found as a result of her experiments was that people who are more likely to give to others are happier

than those who don't. She found that when people did something kind for others, it boosted their mood and made them feel generally happier.

**EMILY LAURENCE**  
emily.laurence@metro.us

## Editor's pick

### Tetley's Black & Green tea

We're hooked on Tetley's new Black & Green tea blend, which combines the two colored leaves. Take a sip and get the benefits of green tea, without the bitter after-taste (it's nicely masked by the black tea).

What benefits are in green tea, you wonder? A Harvard study found that green tea is the best tea source for catechins — more powerful than vitamins C and E in stopping cell damage and fighting disease. Drink green tea and you're supposed to be at a lower risk for a host of cancers, including that of the skin, breast, lung and colon. We'll drink to that! **MEREDITH ENGEL**



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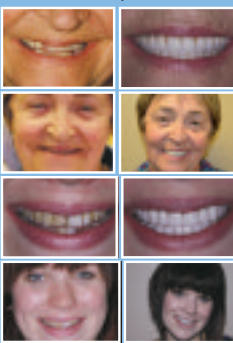
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WELLBEING

24

# Get your heart pumping at these new fitness studios

**Openings.** Here are some new places to get your sweat on.

## Studio 360

**557 Third Ave., second floor, 212-696-9360**

The motto at this Murray Hill cycling and yoga studio is what goes around comes around — literally. Going for a spin (or getting into downward dog) gives \$1 per student per class to a charity that the staff chooses each month. We're psyched to try a combo class: 40 minutes of cycling followed by 20 minutes of yoga designed specifically for bikers. Each class includes shoes, a mat, towels and water.

## Lyons Den Power Yoga



This is AKT in Motion's studio, though that disco ball might make you think you're in Studio 54. / MICHELLE ROSE

**279 Church St., third floor, no phone number yet**  
Bethany Lyons, one of the original SoulCycle instructors (meaning she was there before SoulCycle was officially a "thing"), is opening her own power yoga studio in Tribeca next week. She'll still teach at the cult spin studio, but her new studio will offer

hot yoga classes.

## Xtend Barre Brooklyn Heights

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# Hey man, get your checkup



The longer you wait, the worse your problems may become. / FUSE

**Say ahhhh.** The CDC says that more than a quarter of men haven't seen their doctor in a year.

Statistics show that many men's doctor habits are as bad as teenagers' morning behavior — they seem to keep pressing snooze when it comes to getting up and off to their recommended checkup.

According to a 2011 CDC survey, 26 percent of men had no office visits to a doctor or other health professional in the past 12 months, compared to only 13 percent of women.

"My perception is that it's denial," says Dr. Jonathan Swartz, internal medicine physician and regional medical director for New York's Montefiore Medical Center.

Men's Health Network, a nonprofit organization aimed at improving the health of men and boys, points at men's upbringing as one of the reasons guys might be hesitant to see their MD. From an early age, boys are taught not to cry and complain, and

being ill could be seen as a weakness. Swartz recognizes this behavior.

"What I experience much more with men [than women] is that they tend to deny and minimize symptoms and problems that they are having," he says. "I will usually start the visit saying, 'Are we having any problems today?' [The husband says] no, but then the wife kicks in and says, 'You are not going to tell him about the chest pain you have had every day for the last two weeks and that you can't climb up the stairs anymore?'"

The Men's Health Network recently found that two-thirds of men wouldn't even go to the doctor if they were experiencing chest pain. They also found that more than half of premature deaths among men are preventable.

"High blood pressure, diabetes and high cholesterol don't have any symptoms, and if you wait until the time that you feel sick [to come] to the doctor, it's too late," Swartz says. At his clinic and many others, the staff are starting a more active approach toward getting patients into care.

"We are trying to look at the population of patients

that we are responsible for — see if they have come in for the regular checkups, either for preventive needs or, for example, if they are diabetics and [need] to be seen every three months."

## 'I was sick for a while'

### One man's story

Before Robert Torres, 63, was diagnosed with high blood pressure, asthma, heart failure and had a hip replaced, he would go years between his doctor visits — why would anything be wrong?

"I was always an athlete. I was in great shape and I was never sick. But then I gained a lot of weight and things like that," he remembers. "I was sick for a while and I didn't know what was

wrong, but I ignored it." Torres is a Vietnam veteran and thinks that it's common for men to avoid doctors and ignore warning signs.

"You think it will be all right, that it's not that bad. And finally when you have problems breathing, then you go and you find out that you have so many different things." He says his wife was a big influence in helping him decide to get a checkup.

Torres regrets that it took him so long to

find out he was sick and now pushes his sons to remember their doctor visits.

"I don't want them to go through what I went through. Or to find out that something is wrong and it can be too late. I don't want them to make the same mistake that I did, waiting and putting it off. The earlier you go the better you are."

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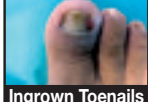
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# Seeking employment (and free stuff)

## Tips for recruiters

### Choose wisely

Remember who you're recruiting — students or seasoned professionals — and gear up accordingly. Career fair giveaways still include customized pens,

water bottles and tote bags. A more thoughtful option can be something digital, such as a free iTunes download or an e-book that allows you to follow up with a job candidate.

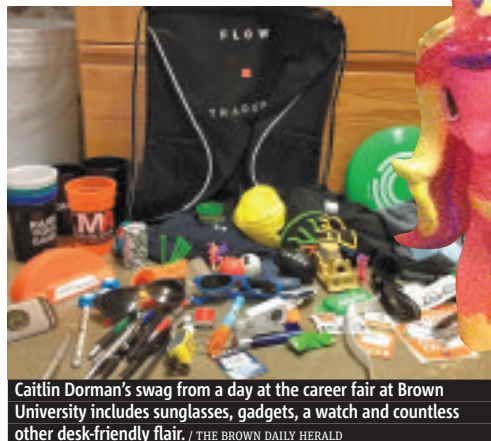
**Swag.** Frisbees and pens are things of the past as job fairs dole out brand-name T-shirts and even hot sauce.

While plenty of companies still provide giveaways at career fairs across the country, the nature of customized freebies may be changing.

This fall, vendors at a Brown University job fair gave away everything from the usual customized pens and stress balls to bottles of hot sauce, according to Caitlin Dorman. The sophomore chronicled her career fair adventure in a blog post for Brown's Daily Herald.

In an effort to be memorable and useful, companies gave away high-end T-shirts, toys and tech gadgets.

Dorman received a credit card processor from



Caitlin Dorman's swag from a day at the career fair at Brown University includes sunglasses, gadgets, a watch and countless other desk-friendly flair. / THE BROWN DAILY HERALD

Square Up and scored Play-Doh samples and My Little Pony figurines from Hasbro that were up for grabs for the enterprising student job-seeker.

But Dorman says she didn't feel more drawn to work for companies because of the free swag.

That sentiment may be an argument for sticking to the basics, which is exactly what companies attending

the Tech Career Expo in Austin, Texas, intend to do. Tim Williams, vice president of sales and marketing, says that companies at the Tech Expo often just give away pens, stress balls and T-shirts.

Few ventured into the land of interactive giveaways. However, sneaker maker Nike gave out postcards with a QR code that linked to a Web page

with open positions, as well as another card that could be redeemed for a free drink at a local watering hole, Williams says.

Electronic giveaways are good options, according to Thursday Bram, consultant and founder at Hyper Modern Writing.

"One of the reasons I like using an e-book or another digital item is because there are a lot of options for tracking engagement," Bram writes.

T-shirts are still good options, she writes, if companies are willing to go the extra mile and create a custom design and print women's T-shirts.

"It shows an added awareness of the diversity in your audience," she says.

MARY SHELL  
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## Horoscope

**♏ Scorpio | Oct. 23-Nov. 21.** If you share your plans, you will attract interest in your ideas. Looking at old concepts from a modern point of view will renew your interest.

**♊ Sagittarius | Nov. 22-Dec. 21.** Think ahead today. Once you say something, you cannot take it back. Aggressive behavior will cause uncertainty.

**♐ Capricorn | Dec. 22-Jan. 20.** Figure out the best way to display your attributes in order to boost your confidence and help you win favors.

**♒ Aquarius | Jan. 21-Feb. 18.** Don't share your secrets. If people question you, offer what is common knowledge. A romantic encounter will lift your spirits.

**♓ Pisces | Feb. 19-March 20.** You will have insight that will give you the upper hand when negotiating or discussing plans that can affect your position.

**♈ Aries | March 21-April 20.** Put your word on the line. Show everyone what you are capable of doing. Form a secret connection with someone who has something to offer in return.

**♉ Taurus | April 21-May 21.** Stubbornness can hold you back. Open up and share your thoughts with someone who shows interest in helping you.

**♊ Gemini | May 22-June 20.** It's time to take a risk with your heart. Ask direct questions. A change of attitude may be unexpected but essential.

**♋ Cancer | June 21-July 22.** Your head will be swimming with all sorts of neat ideas. Don't be afraid to step out on a limb and do something differently. Your imagination will capture attention.

**♌ Leo | July 23-Aug. 22.** Persuasive tactics aren't likely to work as well as expected. Set your sights on the things you can master.

**♍ Virgo | Aug. 23-Sept. 22.** Don't let negativity stand between you and success. Engage in talks and activities that lead to growth and happiness.

**♎ Libra | Sept. 23-Oct. 22.** How you handle your money will make a difference in a relationship. Bringing in more than you spend or doing a little creative accounting will help alleviate stress. **BERNICE BEDE OSOL**

## Sudoku: Easy and hard

9	4			5				3
	7	1						
	8	5			2	6		9
	2						6	4
			3	7	6			
7	1						3	
2		4	1			3	9	
					8	5		
8				3			1	7

	7		5	2	9	3		
					3	7		6
	8			7		2		
3	9			1		5		
		8		5			9	3
		9		4			7	
8		1	2					
		4	9	6	8		3	

**How to play**  
Fill in the grid so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

## Crossword

## Across

- 1 Injury memento
- 5 "The Castle" author
- 10 Karate studio
- 14 Exploding star
- 15 Amigo's farewell
- 16 Dreaded czar
- 17 Shaman's quest
- 18 Bearlike animal
- 19 Icicle locale
- 20 Golf term
- 22 Globe substitute
- 23 Bluffer
- 24 Lasso
- 26 Evening gown fabric
- 29 Formally attired
- 33 "I Fall to Pieces" singer
- 34 Early harps
- 35 Hack down
- 36 Onion goody
- 37 Shogun's domain
- 38 Plain on the moon
- 39 Civil War prez
- 40 Bumpkin
- 41 Hazard
- 42 Lost in the office
- 44 Winter precip
- 45 Decides
- 46 Feudal defense
- 48 Smudges
- 51 Before sales tax
- 55 DNA context
- 56 "Why?" (2 wds.)

## Down

- 58 Magritte or Russo
- 59 Mythical archer
- 60 Buoy up
- 61 Give out sparingly
- 62 It once was wild
- 63 Diary keeper
- 64 Kuwaiti leader
- 1 Social climber
- 2 Comet's luminous cloud
- 3 With, to Maurice
- 4 Causing resentment
- 5 Iota follower
- 6 Oil-well capper Red —
- 7 Lapp neighbor
- 8 Down for the count
- 9 White — — ghost
- 10 Slimmed down
- 11 Almond-shaped
- 12 Coffee or island
- 13 Rightmost column
- 21 — qua non
- 22 Chest-beaters
- 24 Rustic
- 25 Slow-moving beasts
- 26 Buzz off
- 27 Suspect's need
- 28 Prongs
- 29 Hunted and pecked
- 30 Windy City airport
- 31 Spine-tingling

- 32 Resided
- 34 Bodies of water
- 37 Sudden impact
- 38 "The Velvet Fog" (2 wds.)
- 40 Puppy complaints
- 41 Jr.'s exam
- 43 Timberland
- 46 Damp-smelling
- 47 Band members
- 48 Squandered
- 49 Trevi Fountain coins
- 50 Tabloid topics
- 51 Barter
- 52 Be rife with
- 53 Not "pro"
- 54 Bold look
- 56 Like cool cats
- 57 Bullring yell

## Weekend's answer



## Letters

## Government: The newest charity case

## 'Nanette' isn't the Red Sox culprit

**Re: 'Top Obamacare official apologizes for "debacle"' (Metro, Oct. 31)**  
In your article you state: "[Sebelius] has apologized for the botched rollout of the government's health care website." It would be wonderful if top Web companies such as Facebook and Google donated programmers' time to help the administration solve its programming problems. Time, not money, is needed.

DINA SCHLESINGER, VIA EMAIL

Promises were broken, so who's to blame? The GOP? They sat on their a— just to watch and see what happens. Thousands of people lost their health insurance because of Obamacare. No one really spoke out because that would be racist. Obama promises again "to get the site fixed." Let's all see what happens again. I'll bet anyone dollars to doughnuts that this promise, once again, will be broken.

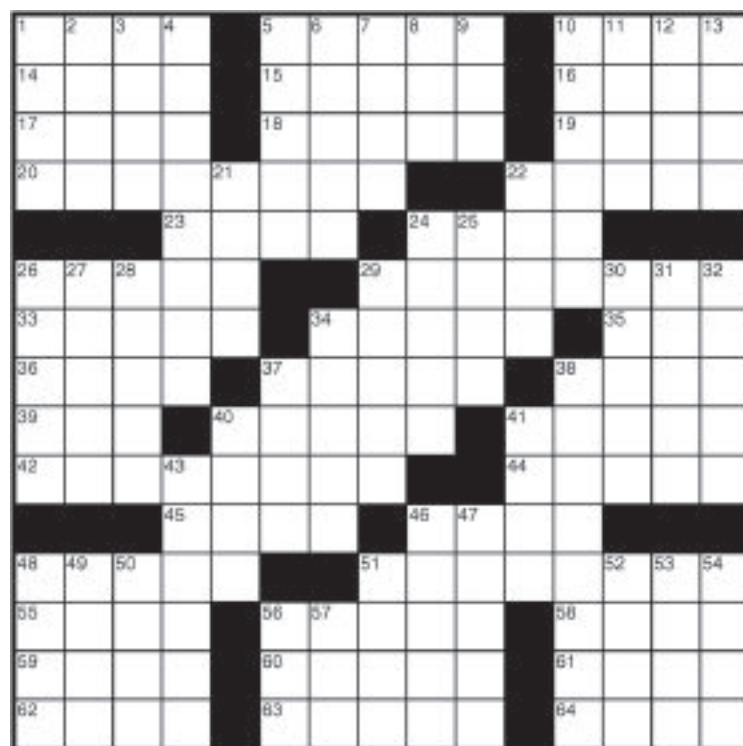
JIM ALVIN, VIA EMAIL

Metro has perpetuated a long-standing myth that "No No Nanette" was somehow related to the failure of the Red Sox during Harry Frazee's tenure as owner. The Red Sox and Frazee sold Babe Ruth to the Yankees after the 1918 season, and the money was used to finance the show "My Lady Friends," which debuted in December 1919. While it is true that "No No Nanette" is a musical adaptation of "Our Lady Friends," "Nanette" didn't debut until 1924, and that was in Chicago rather than Broadway. The Red Sox had already plunged into the American League cellar in 1922, where they would remain for the rest of the decade.

JASON SMITH, VIA EMAIL

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Keep them as brief as possible, preferably under 100 words. Metro reserves the right to edit all letters. Please include your name and contact info.



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# BOONDOGGLED SAINTS

**NFL.** The Jets pick up a shocking win over the Saints at the Meadowlands.

The Jets defense learned from the mistakes of their ugly defeat last week.

One week after Andy Dalton tore New York to shreds, Muhammad Wilkerson, Antonio Cromartie and the defense stepped up to limit Drew Brees in a 26-20 win over New Orleans.

The Jets caught a break with Marques Colston inactive and an early injury



Chris Ivory, left, is starting to look like a very good pickup for general manager John Idzik. / GETTY IMAGES

to Darren Sproles, but the defensive line looked much more like before the blowout in Cincinnati.

We look at what went right:

## 1 Big stops

The Jets defense has been criticized in the past for choking in big spots. Twice they came up with big stops in the fourth

quarter against the Saints. Quinton Coples stayed at home on a reverse on fourth-and-1 with 7:49 left in the game and brought down Lance Moore for an 8-yard loss. And after the offense quickly went three-and-out twice in a row, the Jets defense was forced to stop Brees with a tenuous 26-20 lead and 1:58 remaining.

## 2 Big backs

Chris Ivory ran down-right angry against his former team. He finished with 139 yards rushing, but it was the big runs that often were back-breakers. Specifically, he

had a big 52-yard run with his team backed up inside the 5-yard line in the second quarter.

## 3 More Folk

Nick Folk continues to establish himself as the Jets' MVP. If you are going to play a physical, defensive style, you are going to need to play well on special teams. Folk has literally been perfect on the season. He was 4-for-4 (39, 21, 47, 45) on Sunday and improved to 23-of-23 on the season.



**MARK OSBORNE**

[mark.osborne@metro.us](mailto:mark.osborne@metro.us)



## Jeptoo, Mutai complete Kenyan sweep in New York City Marathon

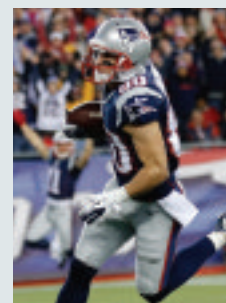
For 24 miles, Bronx resident Buzunesh Deba looked to be in control of the women's race at the ING New York marathon. But Priscah Jeptoo, the winner of this year's London Marathon, kept plugging away. The Kenyan caught Deba, after trailing by more than three minutes, in Central Park and went on to capture the win. There was no such drama in the men's race, where fellow countryman Geoffrey Mutai eased away and won by 52 seconds for his second straight New York title. / GETTY IMAGES

### Around the NFL

- **Chiefs 23, Bills 13**  
Kansas City had a minuscule 210 yards in total offense, but got two defensive touchdowns as they improved to 9-0. Sean Smith had a 100-yard interception return.

- **Cowboys 27, Vikings 23**  
It wasn't easy, but the Cowboys kept hold of first in the NFC East with a late touchdown catch by Dwayne Harris from Tony Romo with 35 seconds remaining.

- **Eagles 49, Raiders 20**  
Nick Foles threw for an NFL record-tying seven touchdowns (and zero interceptions). He also threw for 406 yards and a perfect 158.3 rating in his return to the lineup.



Danny Amendola had 122 receiving yards. / GETTY IMAGES

- **Panthers 34, Falcons 10**  
Cam Newton and the Panthers continue to be maybe the hottest team in the NFL. They won their fourth straight and meet the 49ers next week.

- **Seahawks 27, Bucs 24 (OT)**  
The Seahawks rallied in the fourth quarter to beat the lowly Bucs in overtime on a 27-yard field goal. Seattle scored 20 unanswered in the second half.

- **Redskins 30, Chargers 24 (OT)**  
It was a good day for NFC East teams, as all three in action won. Darrel Young had a 4-yard touchdown run to win it.

- **Browns 24, Ravens 18**  
Jason Campbell broke the Browns' 11-game losing streak to the Ravens with a 262-yard, three-touchdown performance. The Cleveland defense also had five sacks.

- **Patriots 55, Steelers 31**  
New England racked up 198 rushing yards, while three receivers had at least 100 yards as Tom Brady threw for 432 yards and four touchdowns.

# 3 SPORTS



### Kissing your sister

## Red Bulls tied after first leg

The top-seeded Red Bulls opened the quest for their first MLS Cup Sunday with a 2-2 tie against the Dynamo. Tim Cahill scored in the 22nd minute and Eric Alexander made it 2-0 New York in the 32nd minute. But the Red Bulls blew a 2-1 lead late when Omar Cummings tied it up in stoppage time. The second leg comes Wednesday at home.

### Watch online



Find video and recap of yesterday's Jets-Saints game at: [Metro.us/sports](http://Metro.us/sports).



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